

# Weekly Skin Tracker

*Use this tracker to log your skincare routine, breakouts, and possible triggers each week. Bring it to your virtual visit or upload securely to DermaNP Solutions for review.*

Date	AM Products	PM Products	Breakout Scale (0-5)	Dark Spots (New/Fading)	Stress / Sleep (1-5)	Cycle / Triggers	Notes / Photos

**How to use:**

- Breakout Scale: 0 = clean, 5 = severe breakout
- Dark Spots: track if new ones appear or old ones fade
- Stress/Sleep: 1 = low stress / poor sleep, 5 = relaxed / well-nested
- Cycle/Triggers: note period cycle, diet, or stressors
- Notes: add comments or weekly photo reference